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These New Therapies Could Be Just What You Need

It used to be all about lying down on a couch in an analyst's office, but no more. With these fresh approaches to mental health gaining traction, your weekly session may be headed for an overhaul.

By Jane Bianchi

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Walking therapy

Sitting face-to-face in a room with an analyst can be intimidating, which is why Shannon Romig, a counselor in Castle Pines, CO, became a walking therapist. When you're strolling outside, you don't have to make eye contact, and you can engage all five senses. "You can stop to touch the trees, smell the flowers, and listen to the babbling creek," says Romig. "I take many clients on sunrise walks to help them forget the past and focus on the promise of a new day. Moving forward physically helps you move forward emotionally." Many studies have found that exercise helps ease symptoms of depression and anxiety. "Plus, the rhythm—left foot, right foot—helps people think. Clients say, 'It's as if my feelings were on the surface. I didn't have to dig,'" adds Romig.

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